



19. Lorsch Triathlon

Lorsch / 18.08.2024

Detailed evaluation

Frank Deselaers

Total time: 1:16:07

Club: TEAM GIGGELFEUER

Number: 159

Course: 25.50 km

Rank in course/Total: 124 (of 354)

Lorsch Triathlon

Rank in course/Men: 108 (of 254)

Best time in course: 58:26

Category:

Rank in category: 15(of 27)

Senioren 3 (TM 50)

Best time in the category: 1:05:05

Intermediate times					Stage score				Total ranking					
Control	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Schwimmen nett	0.50	12:17	24:33	22	4:03	179	5:30	0.50	12:17	24:33	28	4:03	255	5:30
Wechsel S -> R	-	2:29	-	10	0:56	78	2:29	0.50	14:46	29:32	28	4:51	255	6:38
Schwimmen Total	0.50	14:46	29:32	28	4:51	255	6:38	0.50	14:46	29:32	28	4:51	255	6:38
Rad netto	20.00	39:22	1:58	24	8:23	176	13:37	20.50	54:08	2:38	28	9:56	255	15:11
Wechsel R -> L	-	0:37	-	2	0:02	9	0:05	20.50	54:45	2:40	28	9:45	255	14:56
Rad Total	20.00	39:59	1:59	21	7:58	146	13:16	20.50	54:45	2:40	28	9:45	255	14:56
Lauf Ziel	5.00	21:22	4:16	9	2:42	62	4:35	25.50	1:16:07	2:59	15	11:02	108	17:41